



ISSUE 5  
VOLUME 3  
JANUARY 2004

# ***Fleet and Family Support Center*** **BEACON**

NAVAL AIR STATION • PATUXENT RIVER, MARYLAND

*Meeting Your Needs  
at Home and at Sea*

## **WORKSHOPS AND CLASSES**

Clinical Counselors also provide workshops and classes. These are available to all personnel who work on the base. A number of these classes include:

- \* Stress Management
- \* Anger Management
- \* Positive Workplace Methods
- \* Parenting
- \* Understanding Depression
- \* Men's Group
- \* Marriage 101
- \* Myers Briggs Type Indicator
- \* Strengthening Stepfamilies
- \* Courage, Confidence and Success

Clinical Counseling Services and Workshops at the FFSC are provided at no cost.



**(301) 342-4911**

## **COUNSELING SERVICES**

**T**he clinical counseling services at the Fleet and Family Support Center support the Navy's philosophy of "taking care of its own". The primary goal of the FFSC is to assist Commands in fulfilling their mission of operational readiness, superior performance, retention of military members, and a reasonable quality of life for service members and their dependents. Since the stressors of daily life can interfere with a service member's readiness to perform his/her duties, services have been established that are geared toward increasing self-sufficiency and preventing problems.



Clinical counselors at the FFSC provide a variety of preventive and therapeutic services designed to address the unique challenges faced by the military family. Some of the concerns that are addressed during counseling include: work-related stress, difficulty coping or adjusting to a new geographical area, relationship problems, communication problems, anger management and parenting issues. Clinical counselors help service members and their families develop effective problem-solving skills through counseling sessions and educational programs so they will be able to maximize the opportunities the military has to offer. When appropriate, individuals and families are referred to other civilian or military agencies in order to best meet their specific needs.

Confidentiality during counseling is of utmost importance so that service members and dependents feel comfortable communicating freely. For individuals who attend counseling voluntarily (self-referrals), the information revealed by the service member and/or family member is kept confidential, and only shared with written permission from the client, or in the case where an official "need-to-know" basis is determined. Such cases include: abuse, suicidal or homicidal ideation, or any illegal activities such as drug or alcohol abuse. All clients are informed of this during the initial session.

The counseling staff at the FFSC consists of licensed, Master level social workers. They are required to obtain forty hours of bi-annual training to maintain their licenses, as well as additional training to meet FFSC standards. These trainings increase the knowledge and skill level necessary for social workers to provide professional intervention to service members and families who experience personal crises and other stressful situations.

The Fleet and Family Support Center is here to serve *you*. Contact us at (301) 342-4911 for counseling, educational workshops, general military trainings, or any other services we might be able to provide to help fulfill the Navy's mission.

<http://nas.nawcad.navy.mil/ffsc>



## **TRANSITION ASSISTANCE PROGRAM (TAP)**

### ***Transition Assistance Program (TAP)***

**Jan 5-8, 8 a.m.-4 p.m.**

**Location: Officers' Club, Crow's Nest Room**

TAP is for separating and retiring military members and their spouses. It is a joint venture by the FFSC and the Departments of Defense, Labor, and Veterans Affairs. Topics include skill assessment, resume writing, job search methods, interview techniques, and a review of veterans' benefits. TIPS 473599

### ***Marketing Yourself For A Second Career***

**Jan 5, 1-4 p.m.**

**Location: Officers' Club, Crow's Nest Room (Open to all)**

The Military Officers' Association of America (MOAA) offers this workshop for military personnel who are separating or retiring from active duty. This program consists of the following: overcoming negative perceptions, the three-phased planning for your job search, strengthening your resume, networking, penetrating the hidden job market, preparing for a successful interview, salary negotiating, benefits packages, and rejection. Spouses are encouraged to attend. TIPS 468318

## **CAREER DEVELOPMENT**

### ***Myers Briggs Type Indicator (2 sessions)***

**Jan 13, 9 a.m.-noon Part 1 of 2**

**Jan 20, 9 a.m.-noon Part 2 of 2**

The Myers-Briggs Type Indicator (MBTI) is a widely used psychological instrument designed to help you find insight into yourself and others. The MBTI helps you recognize and value differences in others without letting those differences get in the way of your relationships. This workshop will help you to re-evaluate how you behave and interact with others. Pre-registration is required. TIPS 468328

### ***Who Moved My Cheese?***

**Jan 14, 2-4 p.m.**

Need a few fun (free) training hours to wrap up your year? This program offers an A-Mazing way to deal with change in work and in life. You will quickly discover that winning today requires:

- Anticipating the best rather than fearing the worst
- Positive reactions rather than negative behaviors
- Constructive thoughts rather than destructive emotions
- Embracing opportunities rather than counting obstacles
- Moving forward rather than stepping back
- Being an advocate rather than being a victim

*All attendees will receive a free copy of "Who Moved My Cheese," by Spencer Johnson, M.D.*

### ***10 Steps to a Federal Job***

**Jan 15, 9 a.m.-noon**

Applying for a Federal job is nothing like applying for a job with a private industry firm. Instead of submitting your one or two page resume, you will learn in Ten Steps to a Federal Job, about the Federal government hiring system. The only way to get hired is to learn the system, write the right resume, and persevere with many applications. A must class for those seeking Federal employment for the first time. Pre-registration is required for this class as seating is limited. TIPS 486054

### ***Career Assessment***

**Jan 16, 10 a.m.-noon**

Companies and employees are recognizing they are truly partners in career development. To effectively market themselves, employees need to know their skills and capabilities, in order to satisfy the needs of the employer. During this workshop, individuals will utilize the Self-Directed Search, a highly researched, career development tool, designed around John Holland's theory of personality/environment "fit". Participants will explore their career preferences, discover what they require for total job satisfaction and touch bases on occupational education requirements.

### ***What You Need to Know about Applying with Resumix***

**Jan 21, 9 a.m.-noon**

The process of applying for a Federal job has a reputation for being time consuming and complicated. Find out how DoD uses Resumix to capture resume data and how to apply correctly for jobs. Determine when and how to update your Resumix resume. Discover those elusive keywords and phrases that are essential to your success in the Federal job market. Pre-registration is a MUST for this class as seating is limited.



# **PROG EDUCATION**

## **Janu**

### ***Resume Solutions***

**Jan 26, 1-3 p.m.**

Discover the benefits of a targeted resume. Don't get passed over because your resume lacks **keywords** or is not in the preferred format. Practice keep-it-simple cover letter writing exercise and learn follow-up hints. Seating is limited. Reservations required.

### ***Interview For Success***

**Jan 28, 12:30-3 p.m.**

Prepare for your upcoming job interview by practicing personal presentation skills such as answering common interview questions, **critiquing a live interview**, writing follow-up and thank-you letters, and viewing a negotiating job offers video. Seating limited. Reservations required.

### ***From Pink Slip to Pay Check***

**Jan 29, 11:30 a.m.-1230 p.m.**

It's a reality of our economy: many of us will lose jobs through no fault of our own. But there is a second more hopeful reality: studies show that a high percentage of people who lose jobs this way find better ones. Attend this 1-hour, brown bag lunch program to learn some effective strategies to help you prepare for your next job search with confidence.

## **RELOCATION PROGRAMS**

### ***Tours of the Base for the Community***

**Jan 5, 1-2 p.m.**

Have you ever wondered what goes on behind the gates of Naval Air Station, Patuxent River? Come with us to learn about the center of Naval aviation testing and evaluation. On the 1<sup>st</sup> Monday of every month, the Fleet and Family Support Center will conduct a one-hour guided bus tour of the base. Meet us in the parking lot behind the Frank Knox Building on the corner of Great Mills Road and Route 235 at 1 p.m. to embark on this informative and exciting tour. Please be sure to bring photo identification. Note: cameras are prohibited. Call 301-342-4911 to reserve your seat today.

### ***Home Selling Seminar***

**Jan 13, 9 a.m.-noon**

Are you getting ready to sell your house? Learn from the experts! Tried and true success techniques will be shared from pricing and preparing your home to working with an agent or selling on your own. TIPS 501041

### ***Welcome to Pax***

**Jan 21, 1-4 p.m.**

A class jam-packed with information about the base and surrounding communities is offered the 3<sup>rd</sup> Wednesday of every month. Included in the class is a behind-the-scenes tour of NAS, terrific handouts, and loads of useful information about what to do and where to go while living in Southern Maryland. Along with this, information on area history, inhabitants and folklore will be provided. This will be the best three hours you invest while here at Patuxent River. TIPS 469537

### ***Smooth Move - Home or Abroad***

**\*Note: This workshop is only offered quarterly**

**Jan 22, 9 a.m.-4 p.m.**

This class is designed for those moving anywhere within the U.S. or overseas. Learn from the experts about travel and pay, household goods shipments, stress management, budgeting for your move, housing concerns, moving with kids, cultural adaptation, plus specific overseas information. TIPS 468334

### ***Sponsor Training***

**Jan 29, 9-10 a.m.**

Be the right person in the right place. Help new service members get acquainted with the area, help your command by providing a "ready" service member, and help yourself to a rewarding experience. TIPS 469519





# PROGRAMS FOR JANUARY AND TRAINING January 2004



## **FINANCIAL MANAGEMENT PROGRAMS**

### **Million \$ Sailor**

**Jan 5 & 6 from 8 a.m.-4 p.m.**

During the two days of classes participants will be asked to actively participate in group exercises creating a spending plan, checking account management, understanding military pay and allowances, how to be a smart consumer and car buying strategies. This two day workshop is designed for junior enlisted personnel and their spouses. Plan to work on your personal money management and learn more about your spending habits.

### **Thrift Savings Plan Brief (TSP)**

**Jan 8, 10-11:30 a.m.**

Uniformed services personnel, are now eligible to join the (Thrift Savings Plan) TSP. Enhance your retirement and save money at the same time. Come in and learn the many advantages of participating in the TSP. TIPS 494487

### **Credit Management**

**Jan 20, 6-8 p.m.**

This workshop offers information designed to help develop knowledge and skills that will enable the participant to establish and maintain a good credit rating, avoid excessive debt, and make wise use of credit as a consumer.

### **Finance 101**

**Jan 27, 6-8 p.m.**

INVEST your time and learn some basic budgeting skills, how to set financial goals, and begin planning for your future. TIPS 468329

## **OMBUDSMAN PROGRAM**

### **Ombudsman Assembly Meeting**

**Jan 13, 7-9 p.m.**

The Ombudsman is a volunteer who has already been to the "Basic Ombudsman Training." This monthly meeting includes recommended training, networking, and positive problem solving.

## **BENEFITS AND ENTITLEMENT PROGRAMS**

### **VA Representative**

**Jan 22, 8 a.m.-3 p.m.**

The Veterans' Affairs Benefits Counselor will answer questions concerning benefits and services. Assistance is provided for transitioning service members, veterans, and family members. Open to all veterans, by appointment only. Please call 301-757-1877 to schedule an appointment.

## **WELLNESS PROGRAMS**

### **Cholesterol Watch**

**Jan 5, 9:30-11 a.m.**

Coronary heart disease occurs when cholesterol clogs the coronary arteries. This disease affects millions nationwide. The class will help you understand what you can do to manage your cholesterol. TIPS 468317

## **PROGRAMS FOR PARENTS & CAREGIVERS**

### **Amazing Newborns**

**Jan 7, 10 a.m.-noon**

Learn infant care from hospital to home. Practice bathing, changing, and dressing baby. Discuss feeding, health care, and safety issues. Participants will receive complimentary videotape, "The First Years Last Forever" and audiotape, "Heartbeat Lullabies."

### **Play Group**

**Jan 8, 15, 22, & 29 from 10-11:30 a.m.**

Moms, dads, and caregivers are invited to bring their children for playtime at the Youth Center.

## **Prenatal Series**

**Jan 13, 2-3 p.m.**

This workshop is a monthly informational series on issues for parents-to-be. This month's topic is Self Esteem.

### **1-2-3-4 Parents**

**Jan 13, 20 & 27, 6-8 p.m.**

A three-session program designed to meet the special challenges of parenting children in the one- to four-year-old age groups. The program focuses on the following: developmental stages, disciplining strategies, encouragement skills, building self-esteem, and bonding methods.

### **Budgeting For Baby**

**Jan 28, 10 a.m.-noon**

The Navy Marine Corps Relief Society (NMCRS) will illustrate the hidden costs associated with a growing family. All Navy and Marine Corps service members that attend will receive a new layette worth more than \$100.

## **PERSONAL GROWTH PROGRAMS**

### **Pattern Changing For Women**

**Jan 5, 12 & 26 11 a.m.-noon**

Learn to develop boundaries to assist you in forming healthy patterns in your relationships. Topics will include: domestic violence, self-esteem, boundaries, feelings, and healthy relationships.

### **Anger Management**

**Jan 7, 14, 21 & from 2-3 p.m.**

Join this workshop if you would like a better understanding of anger and how to control it. The emphasis will be on recognizing sources of anger and modifying behavior. TIPS 473349

### **Stress Management**

**Jan 7, 14 & 21 from 3-4 p.m.**

Take control! Over come the anxieties of the demanding responsibilities of this thing we call LIFE! Demanding jobs, juggling schedules and paying bills are all normal responsibilities—but are also known as stress indicators. Learn to identify personal triggers and develop techniques for staying calm before your anxiety rises and your productivity level starts to plummet. TIPS 473539

### **Kicking Back & Speaking Out**

**Location: Youth Center**

**Jan 7, 14, 21 & 28 from 3:30-4:30 p.m.**

Facilitator will present a series of movies to elicit discussion on topics young people are faced with in today's society. The goal of the class is to provide education on these hot topics, be able to identify positive and negative choices, and increase communication of these topics between parents and teenagers. Group topics will be open to discussion in an effort to discuss current issues and/or dilemmas. This class is intended for our teenage population.

### **Strengthening Step Families**

**Jan 8, 15, 23 & 30 from 3:30-4:30 p.m.**

Stages of stepfamily growth are discussed. These stages include the fantasy stage, the confusion stage, the conflict stage, the coming together stage, and the resolution stage. Ideas and methods will be presented to strengthen stepfamilies and the couple's relationship.

### **Relationship Enhancement (6 Sessions)**

**Jan 13, 20 & 27 from 4-5 p.m.**

Put the magic back into your commitment. This six-session course offers you the skills to talk and fight in a healthy and satisfying way. Learn the communication skills needed to work through the negativity and gain a loving and healthy relationship.

## **OUTREACH PROGRAMS**

### **Crafts and Conversation**

**Jan 27, 11 a.m.-1 p.m.**

Join us for an exciting workshop facilitated by a Navy spouse and reward yourself! Come relax, have fun and socialize all while creating unique, inexpensive crafts. Stop by the FFSC today to view upcoming crafts. Be sure to pre-register, as seating is limited.

*(Continued on back page)*

**Reservations are Necessary!**  
**(301) 342-4911**

## Crafts and Conversation

January 27, 11 a.m.-1 p.m.



### Candlestick Holders

1 pair - wooden candlesticks (new or used)  
paint brushes (artist #10, #2 and #3 if available)

### Applique Napkin

(iron-on method)

Fabric napkin (solid color or mini print)  
Scrap fabric 4-8" square, 5 colors  
Scissors

**NOTE:** If you would rather not  
applique onto a napkin, fabric  
background is fine, minimum 8"



## MARK YOUR CALENDARS:

### FISH

**February 10 from 11:30 a.m.-12:30 p.m.**

Imagine a workplace where everyone chooses to bring energy, passion and a positive attitude with them each day. An environment in which people are truly connected to their work, to their colleagues and to their customers. Impossible? Not at all! FISH! is a tool to help you lead people toward creating that environment. Join us for an exploration of what we call the FISH! Philosophy: Play, Make Their Day, Be There, Choose Your Attitude.

### Resume Solutions

**February 24 from 9-11 a.m.**

Discover the benefits of a targeted resume. Don't get passed over because your resume lacks **keywords** or is not in the preferred format. Practice keep-it-simple cover letter writing exercise and learn follow-up hints. Seating is limited. Reservations required.

THE FFSC IS ALWAYS LOOKING FOR A FEW GOOD VOLUNTEERS.

If interested please make contact at (301) 342-4911

Go to our website <http://nas.nawcad.navy.mil/ffsc>

## Fleet and Family Support Center

### NAVAL AIR STATION

21993 Bundy Road, Building 2090  
Patuxent River, MD 20670-1132

**(301) 342-4911**

DSN: 342-4911

FAX: (301) 342-4802

### - HOURS -

**Monday-Thursday**

7:30 a.m. - 5:00 p.m.

**Fridays**

7:30 a.m. - 4:30 p.m.

- All classes/seminars are held at the FFSC unless otherwise noted.
- Workshops and seminars are open to active duty and retired military personnel and their family members, and DoD civil service employees and their spouses. The workshops and seminars are educational. Any costs applied are for supplies only. The facilitators are from professional organizations and are not permitted to solicit or promote their business.
- Sexual Assault Victim Intervention (SAVI) Program Coordinator is available for General Audience Training, Supervisor's Training, and Commander's Training.
- General Military Training - *The FFSC will bring seminars and workshops to your command. Call the FFSC at 301- 342-4911 for more information.*
- FFSC Web page at <http://nas.nawcad.navy.mil/FFSC>

**Reservations are Necessary!**

**(301) 342-4911**

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## Fleet and Family Support Center

### NAVAL AIR STATION

21993 Bundy Road, Unit 2090  
Patuxent River, MD 20670-1132



**United We Stand!**



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# Fleet and Family Support Center

**(301) 342-4911**

<http://nas.nawcad.navy.mil/ffsc>

## NAVAL AIR STATION

21993 Bundy Road  
Unit 2090  
Patuxent River  
Maryland  
20670-1132

DSN: 342-4911  
FAX: (301) 342-4802

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Reservations  
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SUN	MON	TUES	WED	THU	FRI	SAT
  						
 <i>Meeting Your Needs at Home and at Sea</i>  <p><b>THE FFSC IS ALWAYS LOOKING FOR A FEW GOOD VOLUNTEERS.</b></p> <p>If interested please make contact at (301) 342-4911</p>			 <p><b>1</b> New Year's Day</p>		<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> Million Dollar Sailor 8 a.m.-4 p.m. Cholesterol Watch: 9:30-11 a.m. Pattern Changing for Women 11 a.m.-noon Tours of the Base for the Community: 1-2 p.m. Marketing Yourself for a Second Career: 1-4 p.m.	<b>6</b> Million Dollar Sailor 8 a.m.-4 p.m.	<b>7</b> Amazing Newborns 10 a.m.-noon Anger Management 2-3 p.m. Stress Management: 3-4 p.m.	<b>8</b> Thrift Savings Plan 9-10:30 a.m. Play Group 10-11:30 a.m. Strengthening Step Families 3:30-4:30 p.m.	<b>9</b>	<b>10</b>
Transition Assistance Program (TAP) Jan 5 thru 8 from 8 a.m. to 4 p.m.						
<b>11</b>	<b>12</b> Pattern Changing for Women 11 a.m.-noon	<b>13</b> Home Selling Seminar 9 a.m.-noon Myers Briggs (Session 1 of 2) 9 a.m.-noon Prenatal: Self Esteem: 2-3 p.m. Relationship Enhancement 4-5 p.m. Ombudsman Assembly Meeting 7-9 p.m. 1-2-3-4 Parents: 6-8 p.m.	<b>14</b> Anger Management: 2-3 p.m. Who Moved My Cheese?: 2-4 p.m. Stress Management: 3-4 p.m. Kicking Back and Speaking Out : 3:30-4:30 p.m.	<b>15</b> 10 Steps to a Federal Job 9 a.m.-noon Play Group 10-11:30 a.m. Strengthening Step Families 3:30-4:30 p.m.	<b>16</b> Career Assessment 10 a.m.-noon	<b>17</b>
<b>18</b>	<b>19</b> <i>Martin Luther King Jr. Day</i>	<b>20</b> Relationship Enhancement 4-5 p.m. Myers Briggs (Session 2 of 2) 9 a.m.-noon Credit Management: 6-8 p.m. 1-2-3-4 Parents: 6-8 p.m.	<b>21</b> What You Need to Know about Applying w/ Resumix: 9 a.m.-noon Welcome to Pax: 1-4 p.m. Anger Management: 2-3 p.m. Stress Management: 3-4 p.m. Kicking Back and Speaking Out : 3:30-4:30 p.m.	<b>22</b> VA Representative 8 a.m.-3 p.m. Smooth Move-Home or Abroad 9 a.m.-4 p.m. Play Group: 10-11:30 a.m. Strengthening Step Families 3:30-4:30 p.m.	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> Pattern Changing for Women 11 a.m.-noon Resume Solutions 1-3 p.m.	<b>27</b> Crafts and Conversation 11 a.m.-1 p.m. Relationship Enhancement 4-5 p.m. Finance 101 6-8 p.m. 1-2-3-4 Parents 6-8 p.m.	<b>28</b> Budgeting for Baby 10 a.m.-noon Interviewing for Success 12:30-3 p.m. Anger Management 2-3 p.m. Kicking Back and Speaking Out 3:30-4:30 p.m.	<b>29</b> Sponsor Training 9-10 a.m. Play Group 10-11:30 a.m. Pink Slip to Paycheck 11:30 a.m.-12:30 p.m. Strengthening Step Families 3:30-4:30 p.m.	<b>30</b>	<b>31</b>



# Counseling and the Navy's Mission



**FFSC clinical counseling services support  
the mission of the Navy by having a  
positive impact on three major areas:**

## Operational Support

- ❖ Enhancing personal self-esteem and strengthening individual coping skills can lead to improved job performance.
- ❖ Preventing or alleviating stressors allows service members to focus on military duties.



## Retention

- ❖ Helping service members cope more effectively with adjustment problems to the military, and other work related stressors, contributes to the retention of highly skilled personnel in the Navy.
- ❖ Helping family members cope more effectively with the stressors related to the military lifestyle which can strongly influence the service member's decision to stay in or get out of the military.

## Quality of Life

- ❖ Providing clinical counseling services in FFSCs supports the Navy's philosophy of "taking care of its own."

